

# Primary Prevention

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## Lifestyle

- ⇒ Maintain your weight
- ⇒ Avoid Smoking & Alcohol
- ⇒ Avoid Violence
- ⇒ Nourish Spiritual & Mental Health

## Diet

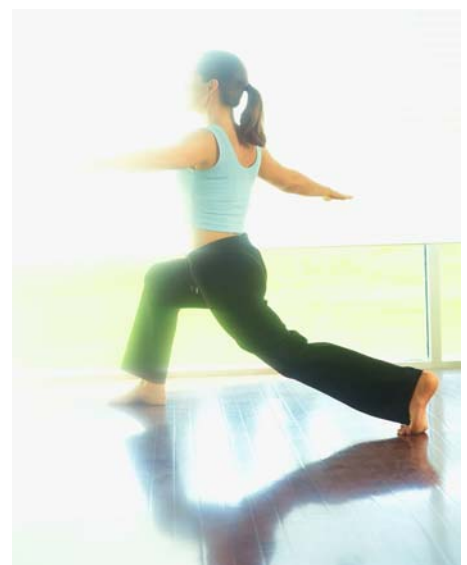
- ⇒ 3 servings of fruits a day
- ⇒ 3 servings of vegetables a day
- ⇒ Daily vitamin
- ⇒ 8 glasses of water a day
- ⇒ Calcium intake
  - 1200 mg/ day
  - 1000 mg/ day if taking estrogen
  - 1500 mg/day post menopause not on estrogen



## Exercise

Significant health benefits can be obtained by including a moderate amount of physical activity on most, if not all, days of the week.

- ⇒ 30 minutes of brisk walking or raking leaves
- ⇒ 15 minutes of running
- ⇒ 45 minutes of playing volleyball
- ⇒ Weight bearing exercises



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## **Total Cholesterol Checks**

- ⇒ Desirable- Less than 200 mg/dL
- ⇒ Borderline high risk- 200–239 mg/dL
- ⇒ High risk- 240 mg/dL and over
- ⇒ Have your cholesterol levels measured every five years or more often if you're a woman over 55 or at high risk



## **Breast Health**

- ⇒ Breast Self Exam monthly
- ⇒ Clinical Breast Exam every 3 years
- ⇒ Consider early mammography (if family history)
- ⇒ Mammogram every year after age 40

## **Physicals**

Annually or biannually

## **Pap Smears**

- ⇒ No later than age 21 if not sexually active
- ⇒ After age 30, if you have 3 consecutive normal pap smears, then can have a routine pap smear every 2-3 years
- ⇒ 70 years of age, if you have had 3 consecutive normal pap smears and no abnormal results in the past 10 years, then you can consider stopping pap smears all together



## Sexuality

- ⇒ Abstinence is the best form of STD prevention
- ⇒ Know your partner if you are sexually active
- ⇒ Use a condom; be aware that condoms cannot always protect you from STDs
- ⇒ Discuss family planning options with your health care provider

## Colon Cancer Screening

- ⇒ Age 50 & older: Yearly digital rectal exam and fecal occult blood testing
- ⇒ Periodic invasive testing for colon cancer every 3-5 years
- ⇒ Age 65 & older: Flexible sigmoidoscopy every 3-5 years or double contrast barium enema every 5-10 years or colonoscopy every 10 years



## RESOURCES

[WWW.AMERICANHEART.ORG](http://WWW.AMERICANHEART.ORG)

[WWW.CANCERCONSULTANTS.COM](http://WWW.CANCERCONSULTANTS.COM)

[WWW.GUIDELINE.GOV](http://WWW.GUIDELINE.GOV)